IN THE CLAIMS:

2. 1

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Previously presented) A guide for a rope or chain comprising:

a base plate;

an arcuate first arm pivotally connected to the base plate at a first pivot;

an arcuate second arm pivotally mounted to the first arm at a second pivot and so as in a rest position to form an acute angle with the first arm, wherein the second pivot is spaced from the first pivot; and

biasing means between the base plate and the second arm.

- 2. (Previously presented) A guide as claimed in claim 1, wherein the base plate carries a chain wheel, wherein the chain wheel has a periphery and the arms are positioned adjacent the periphery of the chain wheel.
- 3. (Previously presented) A guide as claimed in claim 1, wherein the biasing means comprises a spring connected to the second arm at a position between the first pivot and the second pivot.
- 4. (Original) A guide as claimed in claim 1, wherein the second arm carries a pressure member.
- 5. (Previously presented) A guide for a rope or chain comprising:

a base plate;

an arm pivotally connected to the base plate at a first pivotal connection;

biasing means between the base plate and the arm; and

an elongate pressure member pivotally mounted on the arm at a second pivotal connection spaced from the first pivotal connection.

- 6. (Canceled)
- 7. (Original) A guide as claimed in claim 5, wherein the arm is substantially arcuate.

CHAMBERS -- 10/762,294

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Attorney Docket: 016955-0307491

8. (Original) A guide as claimed in claim 5, wherein the pressure member is substantially arcuate.

- 9. (Previously presented) A guide as claimed in claim 5, wherein the pressure member is substantially arcuate having a convex face and the second pivotal connection of the pressure member is adjacent the convex face of the pressure member.
- 10. (Currently amended) A guide as claimed in claim 5, wherein the base plate carries at least one chain wheel having a periphery and the first pivotal connection is adjacent the periphery of the chain wheel.
- 11. (Previously presented) A guide as claimed in claim 5, wherein the second pivotal connection is displaced from a centre point of the pressure member towards the first pivotal connection.

11

- 12. (Original) A guide as claimed in claim 5, wherein the biasing means comprises a spring.
- 13. (Original) A winch including a guide according to claim 1.
- 14.-16. (Canceled)
- 17. (Previously presented) A guide as claimed in claim 1, wherein the second arm substantially overlays the first arm in the rest position.
- 18. (Previously presented) A guide as claimed in claim 1, wherein the second arm comprises a third arm positioned below the first arm, and the biasing means is connected to the third arm.
- 19. (Previously presented) A guide as claimed in claim 4, wherein the pressure member is arcuate.